

### **ABSTRACT OF THE INVENTION**

[88]           The present invention relates to a cushioning element adapted to be mounted on an article to provide cushioning therefor. The cushioning element of the present invention has a bladder body at least partially defining a filling chamber. The filling chamber is filled with a flowable particulate matter. The present invention further includes a mounting member adapted to mount the bladder body onto the article. According to the present invention, at least a portion of the bladder body is deformable and the particulate matter within the filling chamber is capable of flowing inside the filling chamber upon the application of a deforming force to the deformable portion of the bladder body.